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National Suicide Prevention **LIFELINE**

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Last week's high-profile deaths of Kate Spade and Anthony Bourdain made suicide the latest national health issue. But with 45,000 Americans taking their lives in 2016, suicide is on its way to becoming the nation's next health crisis. 2



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The search for better suicide prevention techniques is more urgent than ever, with suicides up 25 percent in the United States since 2000.



SAM NEWHOUSE
sam.newhouse@metro.us

With recent high-profile suicides in the news, if it seems like self-harm is on the rise in America, you may be right. Suicides are up 25 percent since the year 2000 across the country, including 45,000 in 2016 alone, according to a new Centers for Disease Control study.

A potential "suicide contagion" of copycat suicides was feared after the two recent high-profile suicides. Kate Spade, 45, who rose to fame in the '90s for her handbags, was found dead of suicide in her New York City apartment on June 5. Then celebrity food show TV host, Anthony Bourdain, 61, took his own life on June 8 in Strasbourg, France.

"With recent high-profile deaths by suicide, this is a time to stand together and resolve to do more," said Dr. Christine Moutier, chief medical officer of the American Foundation for Suicide Prevention, in a statement after Bourdain's and Spade's suicides. "Suicide affects all of us — we all face challenges and have mental health to manage. We are working diligently to prevent suicide. The need for more research and a greater national investment in suicide prevention is clearer than ever."

Mental health issues are often cited as a cause of suicide. The CDC found 54 percent of the U.S. residents who kill themselves are not diagnosed with mental illnesses, but not all mental illnesses are reported or diagnosed.

But that doesn't tell the whole story.

"There is never a single cause for suicide. Suicide is the result of many factors that come together such as an underlying

Suicide rates are way up in the US, prompting alarm and calls for action



Montana led the nation with 29 suicides per 100,000 deaths. ISTOCK

13

Overall, the national average in the U.S. is 13 suicides per 100,000 deaths.

mental health condition, life stressors, and access to lethal means," said the American Foundation for Suicide Prevention. "We must do more to prevent such tragic deaths through greater awareness of mental health, common risks and warning signs, and effective interventions and treatments."

Montana had 29 suicides per 100,000 deaths over the two-year period studied, the highest in the nation, according to the CDC study. Overall, the national average in the U.S. is 13 suicides per 100,000 deaths in 2016. From 1999 to 2016, suicide rates rose in 49 of 50 states, in half of the states rising by more than 30 percent.

Suicide is now the second-leading cause of death in the U.S. for people aged 15-34, the study found. Every 13 minutes, someone commits suicide in this country.

Taken into consideration along with the opioid crisis, suicide is a serious problem, one that some scientists say requires a national response. A "National Resilience Strategy" has been proposed by John Auerbach, president of Trust for America's Health, and Benjamin Miller, chief strategy officer of Well Being Trust.

"The United States is facing a triple set of epidemics — more than one million Americans have died from drug overdoses, alcohol, and suicides between 2006 and 2015," they write, adding that suicide would best be addressed by "emphasizing a cultural shift to focus

on identifying and providing targeted prevention strategies to high-risk individuals and groups."

Others want new technologies to be used to predict who is at most risk for suicide and target them with support. Kaiser Permanente's models for suicide risk tested extremely successfully, by combining an electronic review of a patient's medical records for 90 days with a depression questionnaire, the health care company's research scientists said.

The recent deaths of Spade and Bourdain brought the subject of suicide to the forefront of national discourse. Celebrity suicides often spark fears of a suicide contagion, or rash of copycat suicides, like in 2017, when the death of Soundgarden's Chris Cornell was quickly followed by that of Linkin Park's Chester Bennington.

The most well-known suicide contagion came after grunge star Kurt Cobain killed himself with a shotgun at age 27 in 1994. The news was followed by reports of copycat suicides around the country by Cobain's biggest fans. In 1997, two French girls, Aurelie, 13, and Valentine, 12, killed

themselves with their father's .22-caliber rifle, inspired by Cobain. Friends said the girls were obsessed with Nirvana and secretly planned to reenact Cobain's suicide for months.

SUICIDE STATS BY THE NUMBERS

Causes of suicide can vary widely, but in 2015, general causes in the U.S. broke down as follows:

- Relationship problems — 48%
- Crisis in past or upcoming two weeks — 29%
- Problematic substance use — 28%
- Job/financial problem — 16%
- Physical health problem — 22%
- Criminal legal problem — 9%

Source: CDC

HOW TO GET HELP

Anyone with thoughts of harming or killing themselves is urged to call the National Suicide Prevention Lifeline Talk at 1-800-273-TALK (8255), visit suicidepreventionlifeline.org or text "START" to 741741.

Veterans and their loved ones can call 1-800-273-8255 and press 1, or send a text to 838255 to get support.

Celebrities react to the death of Anthony Bourdain

Friends and fans of celebrity chef, author and television star Anthony Bourdain were shocked to learn of the "Parts Unknown" host's death on Friday, and many of his admirers and colleagues expressed their grief and paid tribute to the late icon on social media.

Bourdain, 61, was found dead from an apparent suicide in a French hotel room.

Culinary stars such as Andrew Zimern and Gordon Ramsay, along with many of Bourdain's coworkers at CNN, shared their thoughts



GETTY IMAGES

on his passing and memories of the star via Twitter on Friday. President Barack Obama, who once appeared in an episode of "Parts Unknown," tweeted out his condolences as well.

MATT JULI



TWEETS



@BarackObama

"Low plastic stool, cheap but delicious noodles, cold Hanoi beer." This is how I'll remember Tony. He taught us about food — but more importantly, about its ability to bring us together. To make us a little less afraid of the unknown. We'll miss him.



@GordonRamsay

Stunned and saddened by the loss of Anthony Bourdain. He brought the world into our homes and inspired so many people to explore cultures and cities through their food. Remember that help is a phone call away US: 1-800-273-TALK UK: 116 123



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@RyanSeacrest

We have lost one of the greatest storytellers in the world Anthony Bourdain. He took us around the world sharing food culture and mostly the connection between people. He will be missed.



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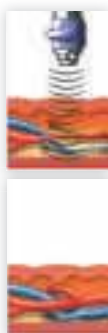
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Dr. David Shusterman

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Founder and Developer
20 years treating ED

SexUrologist.com

Treatment offers new hope for erectile dysfunction

If you're at war with erectile dysfunction (ED), you're not alone. In fact, one in every four new patients is under the age of 40, according to the *Journal of Sexual Medicine*. While it may be comforting to know that it's more common than you think, you're probably more concerned with getting it under control. And we don't blame you—ED takes a serious toll on relationships, intimacy and overall well-being.

Enter ErectionWave, an innovative new approach that flips traditional ED treatment on its head. More often than not, the go-to answer is a lifetime Viagra prescription. The big downside here is that this really only treats the symptom, not the underlying problem. It also leaves

you completely dependent on medication to enjoy a satisfying sex life.

Founded by a renowned Board Certified Urologist Dr. David Shusterman, ErectionWave is different in that it improves sex without medication. As the name implies, it directs high-frequency waves toward blood vessels that are normally narrow or blocked. This, in turn, optimizes blood flow, allowing for naturally strong erections. This holistic treatment also increases the size of penile veins and increases nerve function.

Translation: it's a noninvasive treatment option that actually gets to the root of erectile dysfunction.

Dr. Shusterman and his team of experienced sex function specialists are dedicated to eliminating the need for penile pumps, injections, and drugs like Viagra. They also offer highly effective alternative treatments that go beyond ErectionWave therapy. One pathway is hormone replacement—an umbrella term that covers a wide array of robust therapy options that are completely tailored to each individual patient. Addressing any hormonal causes of ED is critical to improving sexual desire and, ultimately, getting on the other side of erectile dysfunction.

Another successful option for men with ED is something known as the Priapus shot,

aptly named after the Greek god of virility. The P-shot, as it's called, is a non-surgical, completely pain-free penis injection that serves double duty: improving sexual performance and increasing penis size by up to 3.5 centimeters; a game changer for those who are at the end of their rope with erectile dysfunction. It also leverages your own regenerative cells, making it completely safe and totally natural.

Ready to tackle your ED once and for all? Book an appointment with Dr. Shusterman at NY Urology, located at 800 Second Avenue on the corner of 42nd Street. Call **212-661-0060** to take the first step toward a healthy, satisfying sex life.



Larry Silverstein's company owns many of the city's most-visited landmark buildings, including the just-opened 3 World Trade Center, which took a decade to complete. ALL PHOTOS BESS ADLER

Larry Silverstein reflects on 3 World Trade Center opening, his legacy and WTC site's future

"We've replaced the New York skyline after 9/11, which desperately needed replacing. At the end of the day, I look out now, and it makes me pretty happy."



NIKKI M. MASCALI
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The first buildings that really wowed Larry Silverstein as a kid were the Empire State Building, Rockefeller Center, which was then known as the RCA Building, and the Chrysler Building — all which remain iconic parts of the New York City skyline.

"They were visible, they were big — you couldn't miss them," Silverstein told Metro. "Everybody always talked about going to the top of the Empire State Building or the RCA Building, but RCA wasn't as tall. Those were the buildings that, as a kid, most impressed me."

Fast-forward to today, and Silverstein's namesake Silverstein Properties owns many new — and highly visited — city landmarks, including 7 World Trade Center, 4 World Trade Center and 3 World Trade Cen-

ter, which officially opens Monday after 10-plus years in the making.

"I think of the fact that we've replaced the New York skyline after 9/11, which desperately needed replacing," Silverstein said. "At the end of the day, I look out now, and it makes me pretty happy."

"We've always recognized the importance of art. It affects people, the way you think, the attitude of people."

Larry Silverstein

You just turned 87. 3WTC's opening is a pretty big birthday candle. Eighty-seven's not such a big number [laughs]. But if you consider what's transpired here the past 17 years, I can't help but relish in the satisfaction in seeing most of this come together and be complete.

3WTC features Richard Rogers' unique design elements, from the ladder-like exterior

bracing to exposed escalators. Do you have a favorite feature? There are a lot of favorite design features — it's a very beautiful building. It's completely different from the design, for example, of 7 WTC or One or 4 WTC. You can see the complete dichotomy in architectural language, and it's powerful. They're so totally different.

What's next for the WTC site? The only two physical aspects of rebuilding the Trade Center yet to be done is the Ronald O. Perelman Performing Arts Center, which is under construction now adjacent to 7 WTC and by the end of 2020 or 2021 will be finished.

After that, it will be 2 WTC, which will take about four, four and a half years to build. I think we'll land (a tenant) in 2019, so by 2022 or 2023 that should be a finished building as well. When we finish Tower 2, we'll stop.

What do you hope your legacy is as a city developer? I just want people to look back at what we've done and conclude that we did a good job, that we did the best we possibly could have done, that it's first-class and serves the needs of the public for

many, many generations to come. That's really the name of the game at the end of the day.

THE WORLD TRADE CENTER SITE: AN UNEXPECTED BUT WELCOME CANVAS FOR STREET ART

In conjunction with the opening of 3WTC, Silverstein Properties commissioned vibrant murals from five artists around the base of 2WTC, which was kicked off by Chinon Maria's "Vesey Street" and is a continuation of mural commissions on the 69th floor of 4WTC.

"We've always recognized the importance of art," Silverstein said. "It affects people, the way you think, the attitude of people. It makes for a dimensional life that is unique and enormously special."

Todd Gray, whose pop-art piece can be found just across from the Oculus, said, "It's the honor of all honors. I feel like I've been gifted this amazing site, it's really quite humbling."

Having the prominent 2WTC canvas is "unreal" for Risa Tochigi, aka BoogieRez. "I remember going to the Twin Towers in '88 and to be able to do art here, like this, I'm still in awe. I feel like I'm dreaming."



Artist Brolga's mural is seen below Chinon Maria's "Vesey Street," which was the first mural to spruce up the future site of 2 World Trade Center.



BoogieRez's mural decorates the site of the future 2 World Trade Center.



Larry Silverstein chats with mural artist Risa Tochigi, aka BoogieRez, whose piece can be found right outside the Oculus.



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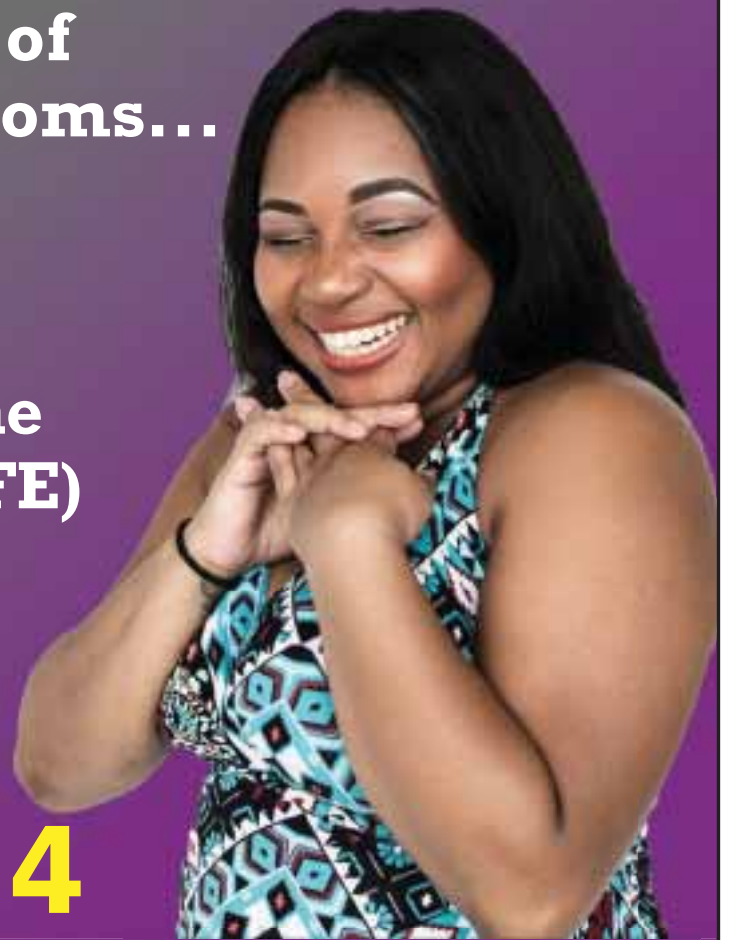
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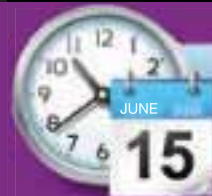
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Canadian Prime Minister Justin Trudeau was accused of "betraying" the president with "polarizing statements." GETTY IMAGES

US-Canada spat escalates, Europeans criticize Trump's G7 move

Trump's advisers hammered the Canadian PM on Sunday's talk shows.

The United States and Canada swung sharply toward a diplomatic and trade crisis on Sunday as top White House advisers lashed out at Canadian Prime Minister Justin Trudeau a day after U.S. President Trump called him "very dishonest and weak."

The spat drew in Germany and France, who sharply criticized Trump's decision to abruptly withdraw his support for a Group of Seven communique hammered out at a Canadian summit on Saturday, accusing him of destroying trust and acting inconsistently.

Canadian Foreign Minister Chrystia Freeland responded to the White House comments by saying that Canada will retaliate to U.S. tariffs in a measured and reciprocal way and that Canada will always be willing to talk.

"Canada does not conduct its diplomacy through ad hominem attacks ... and we refrain particularly from ad hominem attacks when it comes from a close ally," Freeland told reporters in Quebec City on Sunday.

White House economic adviser Larry Kudlow accused Trudeau of betraying Trump with "polarizing" statements on trade policy that risked making the U.S. leader look weak ahead of a summit with North Korean leader Kim Jong Un.

Hours after Trump withdrew his support for the joint statement and attacked Trudeau, Kudlow and trade adviser Peter Navarro drove the message home on Sunday morning news shows in an extraordinary assault on a close U.S. ally and neighbor.

"[Trudeau] really kind of stabbed us in the back," Kudlow, the director of

the National Economic Council who had accompanied Trump to the summit of wealthy nations on Saturday, said on CNN's "State of the Union."

Navarro told "Fox News Sunday": "There is a special place in hell for any leader that engages in bad faith diplomacy with President Donald J. Trump and then tries to stab him in the back on the way out the door and that's what bad-faith Justin Trudeau did with that stunt press conference, that's what weak dishonest Justin Trudeau did."

"There is a special place in hell for any leader that engages in bad faith diplomacy with President Donald J. Trump and then tries to stab him in the back on the way out the door."

Trade adviser Peter Navarro

Trump has infuriated the European Union, Canada and Mexico by imposing tariffs on steel and aluminum imports.

Trudeau, in Quebec City for bilateral meetings with non-G7 leaders after the summit, did not respond to reporter questions as he arrived.

In an earlier news conference, Trudeau had spoken of retaliatory measures that Canada would take next month in response to Trump's decision to slap tariffs on steel and aluminum imports.

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³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Three Two One LLC c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **July 17, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an appointment to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Three Two One LLC c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **17 de julio 2018**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至: **Three Two One LLC c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**。信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请2018年7月17日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Three Two One LLC c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **17 июля 2018**.

한국어

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Kreyòl Ayisyien

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العربية

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Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer



TRUMP'S AMERICA

TO BE DIPLOMATIC ABOUT IT, THAT STUNK!

Analysis

ELLIS
HENICAN

Metro columnist Ellis Henican is the best-selling author of a dozen books. Join Ellis on Twitter @henican.



Too bad international diplomacy isn't as simple as signing a presidential pardon. If that were true, Donald Trump could be hailed in Singapore today as the 21st century's Dag Hammarskjöld. "The Art of the Deal" might even be taken off the fiction shelf.

In signing pardons, Trump has finally identified the presidential duty he was born for. No rules. No limits. No pesky court rulings or Congressional oversight. And no ungrateful allies like that sniveling Trudeau kid or turncoat former bestie Emmanuel Macron, making the U.S. president look like a world-stage amateur and letting Little Rocket Man seem sane by comparison.

Sorry, Nobel! No prizes around here! Looking back

in history, it's hard to find another summit botched as badly as Trump just botched Quebec City, where he turned the G7 into the gee-I-have-no-idea-what-I'm-doing-here. When Trump decided to impose heavy tariffs on aluminum and steel from Canada, Mexico and the European Union, he enflamed our closest allies. Canada's Justin Trudeau called the move "kind of insulting" and threatened his own revenge tariffs, saying his country will not be "pushed around."

Trump reacted on the Twitter machine, as he usually does, slamming Trudeau's "false statement" and calling the young Canadian "very dishonest & weak." Trump's trade adviser, Peter Navarro, reserved a "special place in hell" for weaklings like Justin



The president prepared for his historic summit with North Korea by straining the United States' relationship with its greatest ally. GETTY IMAGES

who dare confront the great and powerful American leader.

Here's the problem with sliming good friends while cozying up to North Korea's Kim Jong Un, Russia's Vladimir Putin and the world's other outsized villains: Your best friends start to hate you, and the villains are still

villains.

Trump stubbornly refused to prepare for his nuclear summit with Kim in Singapore, just as he refused to prepare for the G7. The hugely complex nuclear issue is just a matter of "attitude," Trump believes. Now, that he's lowering expectations so furiously, what started as a promise to

completely denuclearize the Korean peninsula is just a little getting-to-know-you time.

When the bar's that low, a handshake and a couple of grip-and-grin photos can be hailed as proof of a smashing success. Then again, given what just happened in Quebec, even that could get messed up.



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New York City continues to transform its former industrial spaces into green public parks. **ALL PHOTOS CHRISTOPHER LEE**



Domino Park officially opens

The new Brooklyn park was previously the home of the Domino Sugar Refinery.



SARAH ANNE LUOMA
letters@metro.us

If you're looking for a new place to escape to outdoors where you can take in the scenic views of the waterfront and greenery all while social-

izing and getting some fresh air, Williamsburg's Domino Park officially opened on Sunday.

Designed by James Corner Field Operations, the newly renovated six-acre outdoor park was once home to the Domino Sugar Refinery that closed its doors back in 2004. Sitting idle since then, the landscape has been transformed into a public green space.

Domino Park runs roughly a quarter mile

along the East River, extending from Grand Street to South 5th Street. The park is situated right on the waterfront in the Williamsburg neighborhood.

The space is now home to elevated walkways along the water, a playground, a taco stand, a volleyball court, areas to picnic, two bocce courts, dog runs and more. Domino Park will open daily at 6 a.m. and close at 1 a.m.



Broadway rocks the red carpet at Sunday's Tony Awards at Radio City

Broadway's finest performers were at Radio City for the 72nd Annual Tony Awards on Sunday. Lindsay Mendez was one of the early winners, taking home the Best Featured Actress in a Musical award, while Bruce Springsteen was honored with a special award. **JEFF TOMIKO**



Ashley Park, of "Mean Girls"



Andrew Garfield, star of "Angels in America" **ALL PHOTOS GETTY IMAGES**



"Mean Girls" nominees Tina Fey and Jeff Richmond



Presenters Tituss Burgess and Kerry Washington



Lindsay Mendez, of "Carousel"



Jim Parsons, right, and husband, Todd Spiewak



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Why Knee Arthritis Sufferers O Newest Medical Proce New York Doc's Merge Best All Natural

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Hundreds of arthritis sufferers from tri-state area calling weekly to.*

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"

What is the "correct treatment?"

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupple- cosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

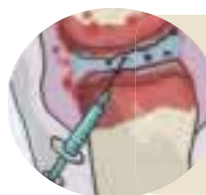
Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Of Almost All Ages Are Choosing Procedures Before Surgery of High Tech Medicine And Treatments

little to no downtime amongst top reasons.

find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the **NY Pain MD** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time." noted the Director of Center



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** used this P.A.T. Imaging Technology with each and every treatment.

NY Pain MD is a state of the art medical facility offering the best technology.

And that's not all

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

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*EZ payment plans and financing also available

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important -

Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any question:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz Synvisc) without satisfactory results?

If you answered yes to any of these questions - give NY Pain MD a call and schedule your no obligation knee pain screening

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ALL PHOTOS WERONIKA KWIATKOWSKA

McGolrick Park hosts 'Picnic on Earth'

Around 300 people gathered at Greenpoint's McGolrick Park on Saturday for "Ziemia: Picnic on Earth". In collaboration with the NYC Parks Department, the Open Space Alliance for North

Brooklyn and the Polish Cultural Institute New York, "Picnic on Earth" celebrated the centennial anniversary of Poland's independence. McGolrick Park unveiled two new pieces of art, the scul-

ture "Ziemia" (Polish for earth) as well as an exhibition, "What Defines Greenpoint Identity." The event featured live music, Polish food and speeches by local politicians.

WERONIKA KWIATKOWSKA



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Pat King
Grumble Editor

Welcome to another week of Grumbles from the Grumble! Today we have two complaints from a couple of upstanding citizens each with their own specific ax to grind. Take it away!

PEOPLE USING THE HANDICAP ELECTRIC CARTS WHO DON'T NEED THEM.

I was grocery shopping recently



Can't we just ride the bus in peace? iStock

and this mom had her child follow her around in one of the electric shopping carts made for handicapped people. The girl driving it was about 12 years old. She was doing spins around and around as I approached. Then as her mom walked forward through the aisle

with to shoppers were on each side and the girl says, "I can't get through." Both shoppers looked at the girl for being rude but moved their carts. I thought for sure the girl must have had a sore ankle but twice I saw her get off the cart and walk over to pick up cookies

then cereal. Those carts are made for people who are handicapped; if everyone did this there would be no carts for the handicapped. Please be considerate and stay off the electric carts unless it's truly necessary. Thank You!

PS - I read the article today about

the "Too Much Perfume". Far too often I'm gagging on peoples cologne or perfume. please keep it to a minimum. Nothing worse than getting on an elevator and gagging on perfume, you are trapped in there. - Brian Brown, Metro New York reader

Tell us what
you think!



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THE BUS SHOULD BE RESERVED FOR QUIET TIME
I think it's real disrespectful when people on the bus have to entertain the whole bus with their loud phone/face to face conversation. Why should everyone have to hear your arguments and cursing? There should be a rule that at certain times on the bus there should be quiet time. It wouldn't stick just wishful thinking.
#WorldOfIgnorance
#WorldOfRatchetness
- Bianca Marie, Metro US reader

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"Bye, Becky"

The winning caption from Bernadette Jackson, Metro New York reader

TOMORROW'S PHOTO:



GETTY IMAGES



metro.us/horoscopes



Aries Keep your eye on the ball when dealing with people who tend to use persuasive charm, wit and deceptive verbiage to lure you into something you should probably walk away from.



Taurus Emotions are running high and should be channeled into something beneficial. Sharing with someone you love, and improving your surroundings are highlighted.



Gemini An aggressive approach when dealing with others will be taken the wrong way. Offer solutions that are difficult to refuse. Don't let your impulsiveness take the reins.



Cancer If you take every opportunity you get to help someone, you'll get something unexpected in return. A window of opportunity will soon open. Personal gain is apparent.



Leo Be careful how you handle others, especially in a work environment. Overreacting will bring about unwanted change and plenty of questions. Remain calm and take care of business.



Virgo Take advantage of every chance you get to learn something new. Bring about a change that will help secure your position or stabilize your lifestyle or an important relationship.



Libra Make the first move. Stop procrastinating and speak up about your intentions and plans. Listen to people's concerns, but follow what you feel is in your best interest.



Scorpio Personal changes should be made. Whether you are updating your image or altering a personal relationship, the results will turn out better than anticipated.



Sagittarius Question what you hear. Go to the source if you feel unsure of a developing situation. Be willing to talk matters through until you resolve any outstanding issues.



Capricorn Don't hesitate to get involved in something you find interesting or intriguing. Consider the best way to turn someone else's negative into a positive. Make choices based on experience.



Aquarius Emotional matters will escalate quickly if you or someone close to you overreacts or behaves indulgently. Use your intellect to deal with matters that could affect an important relationship.



Pisces How you help others will make a difference. Make sure you are clear regarding what's entailed and what you will receive in return. Don't put up with lip service or evasive answers. EUGENIA LAST

LIFESTYLE



The annual Poetry Walk is a boisterous affair that takes attendees across the Brooklyn Bridge. PHOTOS COURTESY OF POETS HOUSE

Cultural crossing

The annual Poetry Walk takes literature fans — including Bill Murray — across the Brooklyn Bridge.

LINDA LABAN
letters@metro.us

"We'll cross that bridge when we come to it" is a pretty enough turn of phrase, but Poets House takes the metaphor literally each year. Its annual Poetry Walk, which takes place tonight at 6 p.m., combines poetry readings and a ceremonial crossing of the Brooklyn Bridge.

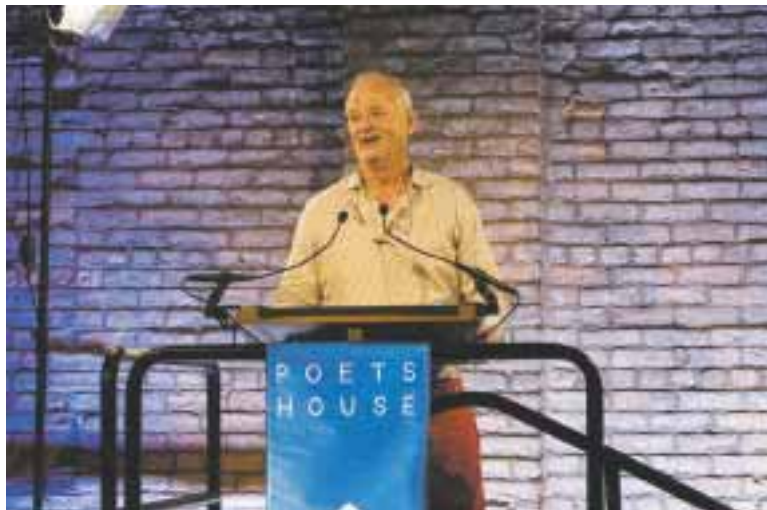
The event even claims a major celebrity guest: actor and avid poetry fan Bill Murray, who rarely misses attending.

"He's been a great supporter, though we never know for sure whether he can make it. He's very busy, but we always expect him," says Lee Briccetti, executive director of Poets House.

When Murray was filming "Moonrise Kingdom" — Wes Anderson's charming 2012 summer camp flick, which was mostly filmed in Rhode Island — "he borrowed one of the planes on set and had someone fly him in up the river. There was one year we didn't walk the bridge because it was raining, and he did it with his group in the rain, regardless," Briccetti says.

The event supports the nonprofit Poets House, located in Battery Park City. The assembled bards and their avid audience start their day at City Hall Park with readings, then continue with a procession across the Brooklyn Bridge into Brooklyn Bridge Park, where the readings continue. Walt Whitman's "Crossing Brooklyn Ferry" is always the commanding finale.

As a resident of nearby Brooklyn Heights, Whitman wrote this existential time-traveling tome before the bridge existed, when New York City's pace was gentler, but human existence no less



Rain or shine, Bill Murray turns up for the Poetry Walk every year.

complicated.

"You're in the space Walt Whitman was writing about," says Briccetti. "It's beautiful, it's very spiritual, and there's a ritual component of doing it every year. It's like a pilgrimage."

The world of poetry isn't exactly well-stocked with celebrities, which is why Murray brings a little oomph to the pro-

ceedings. But the literary stars of the event are the celebrated writers; this year, they include Patricia Smith, Willie Perdomo, Yanyi, Sophie Cabot Black and Tina Chang. Smith gets the honor of reading "Crossing Brooklyn Ferry".

"In the poetry world, these are celebrities," says Briccetti. "Patricia Smith, well, she just won

everything for her book 'Incendiary Art.' This year, the first woman of color reads 'Crossing Brooklyn Ferry' for us. That's remarkable. There is frisson when, every year, you're hearing it read in a different voice."

The event launches Poets House's busy summer season, which includes the 26th annual Poets House Showcase of every

American book of poetry published in the past year. The opening reception is June 28, and there are subsequent readings every Thursday through August.

"There are 750 poetry presses in the U.S. We've had a 3,500-book year," says Briccetti of the task ahead of them. "After the reception and readings, we have four poets read every Thursday."

These free events would not be possible without the walk.

"It helps support everything we do. It's the biggest part of our programming," says Briccetti. "It's wonderful: It's a parade, and then a wonderful three-course dinner with more poetry readings. And Bill reading, too," she enthuses. "He truly loves the event. When he walks the bridge, people do a double take."

The Poetry Walk takes place June 11 at 6 p.m. Tickets are \$300. Poets House is free and open Tues-Fri from 11 a.m.-7 p.m. at 10 River Terrace, poetshouse.org

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When is the Deadline?

Applications must be postmarked or submitted online no later than **August 15, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited for an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents verifying your identity and your household income.

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Чтобы получить заявление, скачайте его с сайта <https://transitionalservicesfornew.bbox.com/v/SH-application> или отправьте конверт с вашим адресом и с маркой в: "Tenant Relations, 10-16 162nd Street, Whitestone NY 11357". Для получения перевода этого объявления с бумажным заявлением на русский язык, напишите слово "Russian" на другой стороне конверта и отправьте конверт по тому же адресу. Заполненные заявки должны быть получены до 15 августа 2018.

한국어 신청서를 수신 하려면, 다운로드 <https://transitionalservicesfornew.bbox.com/v/SH-application> 또는 고객님의 주소와 우표와 함께 봉투를 보내십시오: "Tenant Relations, 10-16 162nd Street, Whitestone, NY 11357 ". 이 광고를 한국어로 번역 하려면 봉투 뒷면에 "Korean"라는 단어를 쓴 다음 다음과 같이 보내십시오. Tenant Relations, 10-16 162nd Street, Whitestone, NY 11357. 완료 된 응용 프로그램은 8 월 15, 2018 에 의해 수신 되어야 합니다.

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Andrew M. Cuomo, Governor

RuthAnne Visnauskas, Commissioner/CEO
New York State Homes and Community Renewal
www.nyhousingsearch.gov



What you don't know about Prohibition

Ahead of a new documentary series about America's Noble Experiment, we found some fascinating facts about one of our nation's most controversial eras.



EVA KIS
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The polite name for Prohibition is the Noble Experiment, and we can pretty much agree that beyond giving us the still-trendy speakeasy, it was pretty much a failure.

Nevertheless, the full story of the period from 1920 to 1933 is one of the wildest in American history, and the Smithsonian Channel is exploring it in a new documentary series "Drinks, Crime and Prohibition". Premiering tonight at 8 p.m., the series traces how the temperance movement led to anything but im-



There were many loopholes during Prohibition — you could get a prescription for alcohol!
PHOTO COURTESY OF THE SMITHSONIAN CHANNEL

proving America's moral character.

Although it ended almost a century ago, the effects of Prohibition continue to linger. So what do you really know about this scandalous period? We asked the Smithsonian's National Museum of American History curator Peter Liebhold to share some surprising facts.

Not all alcohol was illegal

There were many different ways Americans could keep drinking during Prohibition. Home production of wine was legal — male heads of household could produce up to 200 gallons a year. Sacramental wine remained legal for church

rituals, but consumption for other reasons also increased dramatically. And best of all, "Doctors would prescribe a pint of whiskey as medicine," he says.

It was partly an anti-immigrant move

"Prohibition was very much of an anti-immi-

grant movement," Liebhold says. For those with money, getting alcohol during Prohibition was a "pretty straightforward" process. But just before Prohibition the number of saloons had swelled to 300,000, which is where working-class immigrant men went to drink. Shutting them down was an effort to "regulate the life of immigrants."

Cocktail culture flourished

While cocktails were invented in the late 1800s, they really took off once Prohibition began. "As soon as you have unregulated alcohol production, you lose a lot of quality," Liebhold says. To cover up the taste of poorly refined alcohol, bartenders had to get creative when mixing drinks by using stronger flavors.

The real danger of speakeasies

It was only illegal to man-

ufacture, transport and sell alcohol during Prohibition. It wasn't arrest that patrons at one of the hundreds of thousands of speakeasies that sprang up around the country had to worry about. It was whether the alcohol they were drinking was safe. "What happened during Prohibition is the bootleggers hired chemists to re-nature industrial alcohol," he says. People really did go blind and even die from bathtub gin.

Gangsters were heroes

Originally enacted to improve America's moral character, Prohibition ended up fueling the rise of organized crime. Some Americans, angry at their individual freedoms being infringed on, revered violent gangsters like Al Capone for defying the laws. Meanwhile, Capone stayed out of trouble by flying politicians down for booze-filled weekends in Havana.



What's in your ashtray?


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What will Netflix's 'The Ranch' look like without Danny Masterson?

The actor's final episodes on the hit series are about to stream.

ANDREW HUSBAND
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Part five of the Netflix series "The Ranch," which stars Ashton Kutcher, Debra Winger, Sam Elliott and Danny Masterson as the Benetts, a family of Colorado ranchers, is about to debut.

This is significant to the interested and uninterested alike because the new batch of episodes will also be the last for Masterson and his character, Rooster.

The how and why of Rooster's departure won't be explained until the first chunk of "The Ranch" season three

drops June 15, but the reasoning behind Masterson's exit is clear. Last December, Netflix cut ties with the actor nine months after three women accused him of rape. His accusers also claimed the Church of Scientology, of which Masterson is a member, had tried to silence them in order to protect the actor.

"As a result of ongoing discussions, Netflix and the producers have written Danny Masterson out of 'The Ranch,'" read an official statement. "Yesterday was his last day on the show and production will resume in early 2018 without him." Meanwhile, the actor defended himself, saying he was "very disappointed in Netflix's decision" while insisting he had "never been

charged with a crime, let alone convicted of one."

Masterson's scandal notwithstanding, what will "The Ranch" look like once Rooster is gone? While Kutcher's character Colt, the semi-pro football player who returns home, is the central character, his family and friends round out a fun ensemble that's just as integral to the story.

Whether it's his on-again, off-again parents, Beau (Elliott) and Maggie (Winger), or older brother Rooster (Masterson) and his high school sweetheart, Abby (Elisha Cuthbert), Colt's world is big. If any one piece is missing, the story will have to compensate in a manner that sticks to the show's formula, yet doesn't feel cheap.

Rooster was equal



Can the show recover from losing Danny Masterson? GREG GAYNE/NETFLIX

parts comic fodder and dramatic foil for Colt, so if the Masterson-less "The Ranch" wants to continue with the same successful sitcom structure, the showrunners will need to replace it with something similar. A character, and an actor, who will offer audiences something familiar and new at the same time.

Enter Dax Shepard. Back in March, Netflix announced the comedy

actor had been cast in a recurring role for the second half of season three. Deadline revealed the casting but stressed it wasn't meant to fully replace Masterson. Entertainment Weekly confirmed the news, saying Shepard would play "Luke Matthews, a former soldier who has ties" to the family's ranch.

Whether Luke's "ties" are personal (he's an old friend of Colt's) or pro-

fessional (he worked as a ranch hand for the Benetts in Colt's absence) doesn't matter. All regular "Ranch" viewers will care about is if he is able to fill the slot vacated by Rooster. If Shepard's performance and the writers' storylines manage to help subscribers forget about Masterson altogether, however, Netflix probably won't mind.

Part 5 of "The Ranch" debuts June 15 on Netflix.

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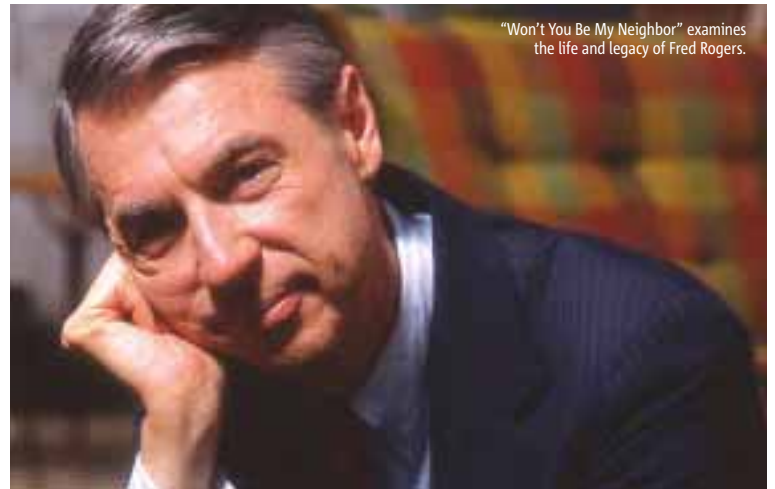
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"Won't You Be My Neighbor" examines the life and legacy of Fred Rogers.

Fred Rogers was a struggling, tortured artist

Director Morgan Neville talks us through his documentary, "Won't You Be My Neighbor."



GREGORY WAKEMAN
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"Won't You Be My Neighbor" could easily have been just a throwback trip that pulled at the heartstrings of its viewers, most of whom grew up with Fred Rogers and his beloved children's television show "Mister Rogers' Neighborhood."

But writer and director Morgan Neville wanted to go deeper.

"I didn't want to make a nostalgia piece," Neville tells Metro. "Nostalgia is nice, but it is fast food and it doesn't ask much of the viewer. ... I wanted the film to be about ideas."

"The things he was talking about are the most fundamental, basic issues of how we should live together in a society," he adds. "What kind of neighbors are we going to be? How do we treat each other? How do we treat ourselves?"

Neville is well aware that "Won't You Be My Neighbor" comes at a

time when these ideas "feel under threat," which is exactly why it's so necessary.

"Hearing Fred Rogers' voice now as an adult, and some of the speeches he gave, that made me realize, 'That's a voice we need today. Where's that type of voice in our current cultural dialogue?' I am very curious about where the grown-ups in our culture are," Neville says. "Because to him, civility and kindness and neighborliness were not quaint notions like unicorns and rain-

"Fred was really an auteur," Neville says. "He took an auteur approach to what he created, and every element he controlled. He was a perfectionist."

"Every little detail had to be perfect," he adds. "But it was simple and deep. And people mistake simple for superficial. It was all so considered. That's the thing that people didn't pick up on."

The quaint and simplistic nature of "Mister Rogers' Neighborhood" often meant that its depth, quality and artistry was overlooked. Even by Rogers himself.

"Fred was kind of a tortured artist. Fred was full of doubt and insecurities," says Neville. "There were a lot of letters when he was young, but even him on his death bed asking, 'Was I a sheep or a goat? Did I measure up?' You would have thought that of anybody in the world Mr. Rogers would have felt like he had accomplished enough."

"If he had felt like he had accomplished enough then he probably wouldn't have done all of this work," he adds. "I think his doubts were what drove him to work as intensely hard as he did for 50 years."



The beloved TV star was a pioneer for children's programming.

bows. They were like oxygen. They had to be appreciated and nurtured."

While the film highlights Rogers' unique voice, it also exposes the heart, intelligence and craftsmanship he put into the show.

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EDUCATION



Who says you have to transfer to a big school after you earn your associate's? ISTOCK

Disrupting the traditional four-year degree track

New Jersey's Eastern International College is helping you get your four-year degree a different way



PAT KING
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On June 22, Eastern International College (EIC) of New Jersey will be holding its inaugural commencement ceremony for students graduating from its bachelor of science completion program. This is a momentous occasion, as the school had started as a two-year school — under the name Micro Tech Training Center — in 1990 providing associate's degrees for

students looking to get into various fields within the medical industry.

That changed in 2017, as the school decided to expand its dental-hygiene program to a give students — from EIC and students transfers — the option to enroll in this program in order to complete their studies. By completing your four-year degree at a smaller community college, students can avoid accruing the massive amounts of student debt that they could get from attending a bigger college or university.

Finishing your four-year degree without going into debt

This has become a trend as many two-year schools are expanding their efforts to a.) offer full four-year bachelor's degrees or b.) provide an alternative path to finishing their degrees. According to President Dr. Andrew Scott Ziner, the program is ideal for students who are looking to advance their education but may not have the funds to attend a larger college or university after completing their associate's degree.

"What we've attempted to do," explains Ziner, "is to tie into a New Jersey mandate that was passed a few years back which urges colleges

and universities to be more inclusive. To bring vulnerable and low-income families as much as possible into the ranks of higher education as much as possible.

Traditionally, it may be that they would go to a two-year community or county college, and what we're doing is offering an opportunity in Jersey City to be a part of this, and if they want to stop with the associate's of science degree they can, and if they want to continue on to earn their bachelor of sciences degree, they can as well."

Even though this is the first year EIC will be handing out these completion degrees to

their students, Ziner believes the school will soon offer online courses and even full four-year degree programs. However, there may be some political hurdles.

"There are different types of coalitions in which some might not want smaller colleges to be able to offer programs that go beyond two years," say Ziner.

"They have articulation agreements with community colleges and they have a nice situation set up — almost a pipeline — where they complete their associates and they move up in the ranks of Rutgers, Montclair State or others. We see ourselves as competing with or exceeding the quality

of education that they provide as we have a very strong general-education program here."

But these resistant universities might just have to accept this. As Pew Charitable Trusts reported last April, this is a trend that shows no sign of stopping. It reported that 90 two-year colleges are now offering nearly 900 different baccalaureate programs across the country.

With the national student debt in the trillions, schools like EIC are doing their part to make earning a higher education inclusive for all without the price tag that could weigh students down for years.

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4 inspiring quotes from this year's college commencement speakers

Some powerful words that will make you want to take over the world.



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Every graduation season, we see some of the biggest names in popular culture giving inspiring commencement speeches to light a fire under the new grads feet to go out and conquer the world. This year was no different. Here are some of the most inspiring college commencement speeches from 2018.

Ronan Farrow
Loyola Marymount University
Pulitzer Prize-winning investigative reporter Ronan Farrow gave this



Oprah Winfrey.
GETTY IMAGES

eloquent commencement speech at LMU urging students to embrace failure: "You will face a moment in your career where you have absolutely no idea what to do," he said. Adding "Where it will be totally unclear to you what the right thing is for you, for your family, for your

community.

"And I hope that in that moment you'll be generous with yourself, but trust that inner voice. Because more than ever we need people to be guided by their own senses of principle—and not the whims of a culture that prizes ambition and sensationalism and

celebrity and vulgarity and doing whatever it takes to win.

"Because if enough of you listen to that voice—if enough of you prove that this generation isn't going to make the same mistakes as the one before—then doing the right thing won't seem as rare or as hard, or as

special. No pressure or anything."

Oprah Winfrey
USC Annenberg School for Communication and Journalism

Oprah blessed the 2018 class of graduates of the USC Annenberg School for Communication and Journalism with these words of wisdom: "There will be some days that you just might be bored. Other days, you may not feel like going to work at all. Go anyway. And remember that your job is not who you are. It's just what you're doing on the way to who you will become."

Chance the Rapper
Dillard University
Chance the Rapper gave these inspiring words this year at Dillard University in New Orleans: "Living up to your heroes

is amazing, but it's not good enough" Chance said. "Beyoncé had Mike. Mike didn't have Mike. Mike had James Brown. James Brown had Cab Calloway. And so on and so on. Right now, the greatest performer who ever lived might be in this audience. And that person has something Beyoncé never had. They got Beyoncé. And so they have—you have—the greatest performance of all time: to watch it, to study it, to learn from it. But not to replicate it. To surpass it."

David Sedaris
Oberlin College
Lastly, the amazing author and incredible whit, David Sedaris, had this piece of advice for Oberlin's graduating class: "Be yourself. Unless 'yourself' is an a-hole."



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CHRISTIAN TAYLOR
letters@metro.us

By its very nature, the recruitment process can often feel totally one-sided. Writing lengthy applications, twisting our past experience to fit the job description, preparing for hours so we can answer any question a panel may throw at us — it's all about playing the game. We present the shiniest version of ourselves in the hopes of being among the chosen few. So is it any wonder that we can sometimes lose ourselves in the process?

When you consider that we spend around a third of our waking hours at work, is it too much to ask for a job that makes us happy? If you're only at the interview stage and your inner monologue is telling you that it's time to bow out, listen!

To thine own self be true

Before you walk into
any job interview, it's

essential that you know your strengths and weaknesses, and have a good sense of your own value. In competitive settings, sometimes we can willfully ignore red flags, because we have our eye on the prize. It's one thing to paint on a smile and fake it to a potential boss, but lying to yourself is the surest way to wind up in a job that you hate.

What are the red flags to look out for?

Being asked to work free or give your own ideas as part of the recruitment process. Some industries want to see what you can do before they hire you, but there comes a point where this starts to feel like exploitation. If you feel this way in the interview, imagine how you'd feel working there. The reality of the job is different to how it was initially described. Perhaps you were misled about the salary or the hours, or maybe the commute is more difficult than you anticipated? You realize during the interview that you wouldn't take the job, even if they offered it to you. You get a bad feeling as you walk through the office.

Maybe it's unclear or

the team seems unhappy? Remember, if you get the job, you'll be one of them. If warning bells are ringing, don't walk – run!

Being asked inappropriate questions. e.g., Are you planning to have children soon? Are you married? Do you smoke? You feel intimidated or insulted. Do they interrupt you while you're trying to speak? Are your answers not being taken seriously? Is there something you can't put your finger on that doesn't feel quite right? Trust your gut.

Forget the myths and remember your value

There is nothing wrong with stopping an interview at any stage by politely saying, "Sorry, I don't think this is going to work out. Thanks very much for your time." While gaining interview experience may be valuable, walking out of an interview can be fantastic for your self-esteem. It can be a powerful reminder that when it comes to your own life, you are in the driver's seat. Only by saying no to the wrong opportunities can we remain open to the right ones.

SPORTS

2018 World Cup Preview: Groups E & F

JOE PANTORNO
joseph.pantorno@metro.us**BRAZIL**
"SELEÇÃO"TIMES QUALIFIED
21LAST APPEARANCE
2014BEST FINISH
WINNERS (5x)WORLD RANKING
2ndTHE STAR
NEYMAR**SWITZERLAND**
"DIE NATI"TIMES QUALIFIED
11LAST APPEARANCE
2014BEST FINISH
QUARTERS (3x)WORLD RANKING
6thTHE STAR
**XHERDAN
SHAQIRI****03 DAYS****GROUP E
SCHEDULE**JUN. 17, 8 AM
**COSTA RICA v.
SERBIA**JUN. 17, 2 PM
**BRAZIL v.
SWITZERLAND**JUN. 22, 8 AM
**BRAZIL v. COSTA
RICA**JUN. 22, 2 PM
**SERBIA v.
SWITZERLAND**JUN. 27, 2 PM
**SWITZERLAND v.
COSTA RICA**JUN. 27, 2 PM
SERBIA v. BRAZIL**COSTA RICA**
"LOS TICOS"TIMES QUALIFIED
5LAST APPEARANCE
2014BEST FINISH
8th (2014)WORLD RANKING
23rdTHE STAR
KEYLOR NAVAS**SERBIA**
"THE EAGLES"TIMES QUALIFIED
2LAST APPEARANCE
2010BEST FINISH
23rd (2010)WORLD RANKING
34thTHE STAR
**SERGEJ
MILINKOVIĆ-
SAVIĆ****GERMANY**
"NATIONALELF"TIMES QUALIFIED
19LAST APPEARANCE
2014BEST FINISH
WINNERS (4x)WORLD RANKING
1stTHE STAR
TONI KROOS**MEXICO**
"EL TRI"TIMES QUALIFIED
16LAST APPEARANCE
2014BEST FINISH
QUARTERS (2x)WORLD RANKING
15thTHE STAR
**JAVIER
HERNANDEZ****GROUP F
SCHEDULE**JUN. 17, 11 AM
**GERMANY v.
MEXICO**JUN. 18, 8 AM
**SWEDEN v.
KOREA**JUN. 23, 11 AM
KOREA v. MEXICOJUN. 23, 2 PM
**GERMANY v.
SWEDEN**JUN. 27, 10 AM
**MEXICO v.
SWEDEN**JUN. 27, 10 AM
**KOREA v.
GERMANY****SWEDEN**
"BLÅGULT"TIMES QUALIFIED
12LAST APPEARANCE
2006BEST FINISH
2nd (1958)WORLD RANKING
24thTHE STAR
**ANDREAS
GRANQVIST****SOUTH KOREA**
"TAEGEUK WARRIORS"TIMES QUALIFIED
10LAST APPEARANCE
2014BEST FINISH
4th (2002)WORLD RANKING
57thTHE STAR
HEUNG-MIN SON

WAITING FOR WILPONS TO SELL METS

OPINION

JOE PANTORNO

@JoePantorno

The New York sports market is one of the most unique, peculiar ones in all of professional sports.

While big cities like Boston or Philadelphia can only boast four major sports teams, the New York City-area boasts nine teams across the NBA, NHL, MLB and NFL.

Obviously, the chances of having successful teams are higher, especially when juggernauts like the Yankees are in the conversation. But the odds of mediocrity and, at times, dysfunction are just as great.

We've seen plenty of that over the past year with disappointing campaigns from the Giants, Jets, Mets, Islanders, Rangers, Knicks and Nets. That's a whole lot of bad in 365 days.

Among that septet of misery, there is a pair that could very well be two of the poorest-run franchises in North American sports.

And it all comes down to ownership.

Knicks owner James Dolan has often drawn the ire of fans over the past two decades since taking over in 1999.

While his team improbably made the NBA Finals that year, Dolan's decision-making has continuously limited the team's chances of attaining any sort of success.

Whether it's been the hiring of Isiah Thomas, Allan Houston's exorbitant contract, the carousel of head coaches or the handling of Carmelo Anthony last summer, everything Dolan has touched has decomposed to garbage.

Yet there is another ownership group in the Big Apple that is deserving of just as much scrutiny. That's the Wilpon family of father, Fred, and

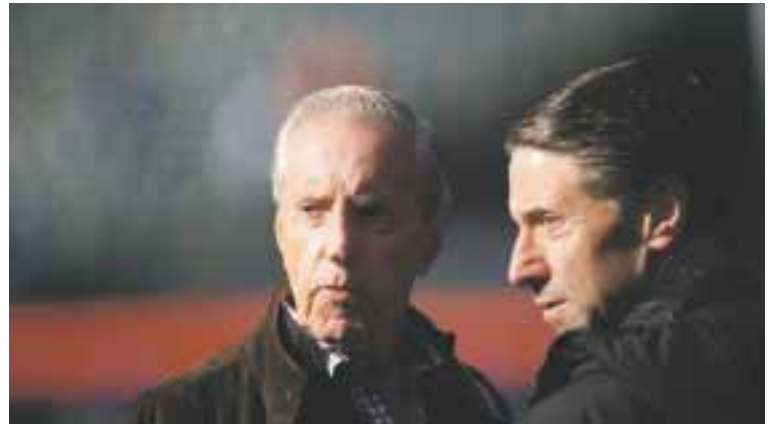
son, Jeff, who are tasked with running the Mets.

This is a franchise that isn't deserving of having "New York" in front of its name due to the fact that it's run like a small-market organization from Pittsburgh or Tampa.

After being rocked by the Bernie Madoff scandal, the Mets have been nothing short of cheap over the past decade as they've shied away from big stars that would make the team relevant. The ones that they do take a chance on are either busts or riddled by injuries due to inept management and staff members on their payroll.

While the world basically crumbles around the Mets for yet another year (and it's only June), there is no accountability from the Wilpons. Instead, they act like children being kept from an ice cream sundae because they acted out at the restaurant.

Just remember what



The Wilpons continue to drive the Mets into the ground without punishment. GETTY IMAGES

Fred Wilpon was reported to have said after the Yankees signed Giancarlo Stanton (h/t New York Post) this winter:

"Fred is pissed every time the Yankees make a move," said a person who speaks to Wilpon regarding baseball matters. "And he always seems surprised."

You can't be angry because the Yankees can navigate the market

better than anyone. They have the means, the success, the exposure to get anyone they want. If they don't, they get the next best thing.

If every team in the majors had the means, they'd be doing the same thing, too. Instead, Mets and MLB fans are relegated to feelings of overwhelming jealousy.

It's clear that the Mets owners have the same

feeling, too. Especially after a Subway Series this past weekend in which the Mets were outclassed in just about every way by their crosstown rivals.

It's not like they're going to do anything about it, either. Instead, they'll just continue to blame the players or bad breaks while fans spend money to fill the seats at Citi Field while ripping their hair out.

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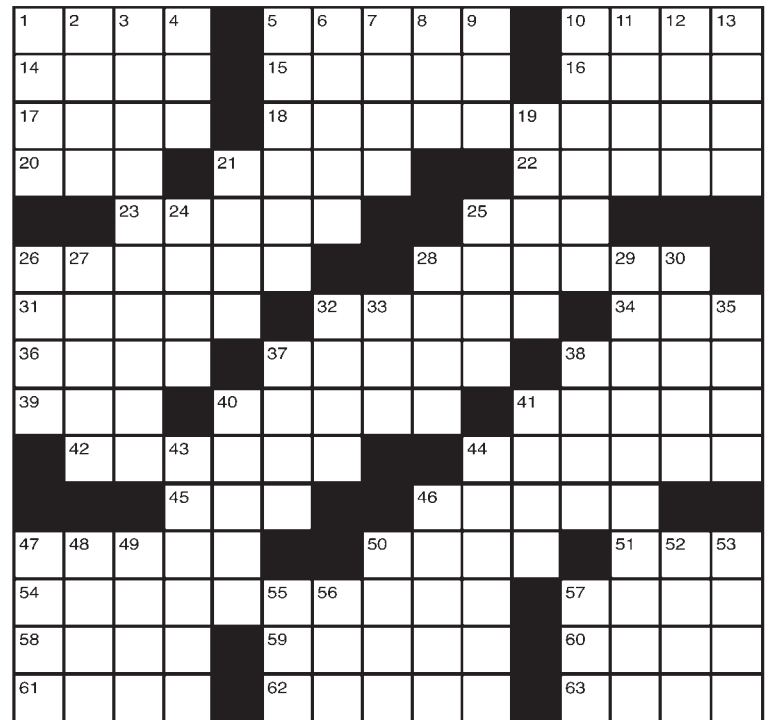
- 1 "I couldn't care ___!"
5 Relative by marriage
10 "W" on a light bulb
14 Per person
15 Slip knot
16 Add to the payroll
17 ___ or false test
18 Angels' home
20 Everyone
21 Fouts and Aykroyd
22 Beginning
23 Stratagems
25 One of the Seven Dwarfs
26 Sticks for conductors
28 Says hello to
31 Grown-up
32 Wander away
34 Mai tai ingredient
36 Brownie troop member
37 Short-tailed weasel
38 Challenge
39 Notice
40 Scale
41 Door hanger's piece
42 Loan shark

- 44 ___ hound; short-legged hunting dog
45 Just invented
46 Japanese dish
47 ___ mall; row of stores
50 "___ Noon"; classic Gary Cooper film
51 Final-year students: abbr.
54 Sickening
57 Store away
58 Too
59 "Home on the ___"
60 Smidgen
61 Singer Campbell
62 Silenced, as a TV
63 Small card

DOWN

- 1 "___ Smile Be Your Umbrella"
2 Chief Justice ___ Warren
3 "Pieta" and "The Thinker"
4 Feminine pronoun
5 Dental fillings
6 Lunch hours
7 Team defeat
8 Cool ___ cucumber
9 Actress Ming-Na ___
10 From what place
11 Has a bug

- 12 Sycamore or spruce
13 Trial run
19 Like toasted marshmallows
21 First word in a warning
24 Lounge about
25 Word of mild disgust
26 Works in a grocery store
27 Foreign farewell
28 Snatch
29 Portable radio
30 Sudden increase
32 Mix with a wooden spoon
33 Cruise, for one
35 Encounter
37 Murdered
38 Platter
40 Thin pancake
41 Chopped meat concoction
43 In ___; as one
44 Annoyed
46 Scorch
47 Unexpected obstacle
48 Over seven feet
49 Trick
50 Helpful suggestion
52 Learn by ___; memorize
53 Persuade
55 Upper limb
56 Plato's "T"
57 Take a load off



BY TCA

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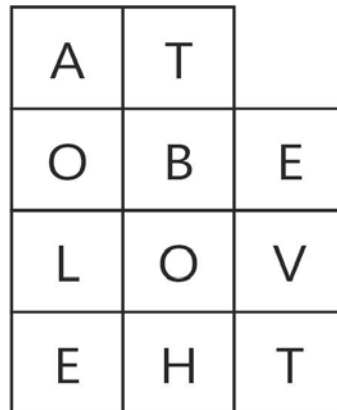
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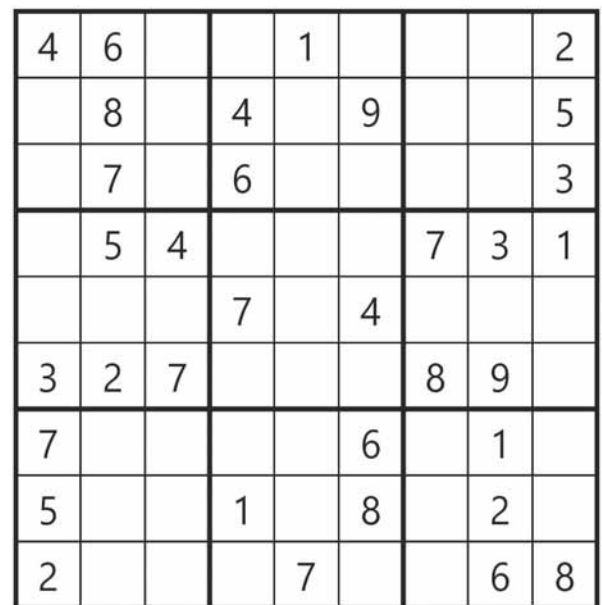
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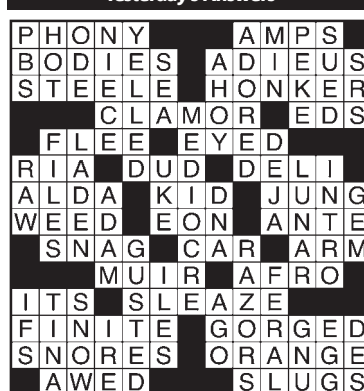
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